

## Provider receives Purple Heart

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

Spc. Steven Tapp was awarded the Purple Heart Oct. 23. The Company B, 501st Forward Support Battalion, Soldier received the award for injuries suffered in an ambush near Baghdad. Col. George A. Latham II, 104th Area Support Group commander, presented the Purple Heart in a ceremony on the parade field at Friedberg's Ray Barracks.

"Spc. Tapp drove his truck in a convoy on a highway when it was ambushed and hit by an improvised explosive device bomb. His vehicle was the only one hit, and he was the only Soldier who received injuries during this ambush. Because he remained calm the entire convoy could proceed until it was safe for everyone to stop," said Latham.

"On Oct. 4 we were driving on the highway coming back from the promotion board that I attended that day. I'll never forget the time, it was 6:23 p.m.," recalled Tapp about the incident. At that time he was assigned to the 16th Engineer Battalion as part of a maintenance support team.

"The convoy had to go underneath a bridge, and for safety reasons, the vehicles always come out on a different lane — this time choosing the left lane," he said. "About 50 meters after we came out there was an explosion and my vehicle got hit.

"At first I was paranoid, but then I tried not to crash my truck because there were fellow Soldiers in the vehicle. I didn't know that I was injured until my right side got numb. And when I looked over I saw that I was bleeding.

"I told Staff Sgt. Barker who was sitting beside me that I couldn't continue to drive because I was bleeding too much and that we needed to stop, but he said we can't because we would endanger the entire convoy and become an easy target for the ambusher. He grabbed the steering wheel and we switched seats," he said.

They continued until it was safe for the convoy to stop.

"I jumped out of the truck and ran toward one of the HMMWVs that had escorted us. The Soldiers got me down and brought me to the 1-37th Armor aid station. The medics patched me back up, and about an hour later they brought me to the CASH facility," Tapp said.

Part of the IED bomb went through Tapp's back and came through the front of his right shoulder, destroying the deltoid muscle and leaving him unable to bring the arm forward or sideways.

Tapp's wife and 6-month-old son and parents who flew in from San Antonio, Texas, were on hand for the ceremony.

"I am so happy that he's back," said his wife, Sepideh. "When his company commander called me and told me he was injured, I was really down — I was crying. ... I was shocked. He told me that an IED bomb hit Steven's truck and that he was injured, that he had a hole in his shoulder. But I didn't know how serious it was until I saw him. I am very proud of Steven. Every day I tell our son Cameron that his daddy is a hero."

"Words can't describe how proud I am of him. He was the one who called me and told me what had happened," said his father, Air Force Master Sgt. Milton Tapp, a 24-year veteran. "His commander wanted to do it, but Steven wanted to personally explain everything.

"I was extremely worried when I first heard what had happened," he said. "This incident was an eye-opener for his mother and me because he is still so young, but Steven and I have the same occupation. I've been to the places he's been to, but I've never been to a hostile environment with so much grief and anger.

"When his mother first saw the injury she told me that he wasn't born like that and he should not have such an injury. But we will not try to convince him to leave the Army. He knows what he is doing and we have confidence in him," said the elder Tapp.



Photo by Alexandra Williams

Col. George A. Latham II, 104th ASG commander, pins the Purple Heart on Spc. Steven Tapp during a ceremony Oct. 23.

"I have no plans to leave the Army yet," the younger Tapp added. "Right now I have three years in the Army, and I plan to re-enlist in February. It doesn't matter what you do, something can happen all the time. The Army trained me for my job and I kept my calm. I know I can count on my guys; they know what they are doing. I want to thank those guys who took care of me."

## Operation Toasty Toes to hit Iraq

### Socks for Soldiers

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

Operation Toasty Toes, a project to provide Soldiers overseas with hand-knit slipper socks, has found its way to Friedberg and will eventually reach troops in Iraq.

Initiated by Irene Silliman of Madison, Ohio, the project now has formal chapters in six states and countless informal chapters across the United States.

"Our connection is with the Milwaukee chapter, and it found its way here in a strange way," said Judith Brown, Friedberg Community Bank manager. "An Air Force sergeant major who was on TDY (temporary duty) at Rhein Main Airbase was given a bag of knit slipper socks by some ladies to give to deployed troops. As he looked at the socks he saw that they were handmade and had little stickers on them with the name of the person who made them and a little greeting. Since he was returning to his home station he brought them to Chaplain (Lt. Col.) Dennis Kitterman, the senior installation chaplain," said Brown.

Kitterman contacted Brown, a member of his parish.

"The chaplain knows that I have many connections and that I love my Soldiers. He



Photo by Alexandra Williams

Julie Thome (left) and Judith Brown take a look at a delivery of hand-knit slipper socks received from Operation Toasty Toes to distribute to troops deployed to Iraq.

told me that he had a bag of knit slippers from a group named Operation Toasty Toes, and then asked if I could send them downrange to our troops," she said.

"I sent the bag to the 1-37th Armor Regiment as an experiment, and the feedback was great. I was told Soldiers cleared the whole

box and asked for more," Brown said.

"It might sound strange to send knit slippers to Iraq, but some troops live in buildings with marble floors that are cold, and now the temperature is dropping in the evenings so many troops have a use for them," she said.

Brown contacted Operation Toasty Toes

via email and learned from Jan Michalski that the group would continue sending slippers through March when the temperatures rise again.

"I started to send them to all the units I had mailing addresses for including units throughout Europe. I also put the slippers on display in the bank and gave them to spouses so they could send them to their deployed Soldier," she said. "I also contacted the chaplain at the Landstuhl Regional Hospital and told him that I will send him slipper socks for the Soldiers in the hospital," said Brown.

Julie Thome, whose husband Lt. Thad Thome is assigned to 2-37th Armor, was among a group of spouses requesting a box of slippers. "We want to send them to the Soldiers in my husband's section. I think they like the slippers because they are not uniform. It gives them a break from the routine," she said.

Since she does not have points of contacts for all the units deployed, Brown encouraged Family Readiness Groups or rear detachment commanders to contact her or Michalski if they would like to receive slippers for their troops, she said.

Brown can be reached at mil 324-3282 and Michalski can be reached at [jmich@milwpc.com](mailto:jmich@milwpc.com).



## Spouses organize toy drive for Iraqi children

By Alexandra Williams  
284th Base Support Battalion Public Affairs Office

Friedberg's Kim Sherling and Carmen Smith hope toys will bring some normality to the lives of Iraqi children.

The idea for a toy drive began after Sherling saw pictures of children in Iraq and spoke with her husband, Capt. John Sherling of Company B, 2-37th Armor, who is serving in Iraq. "John told me about the children he saw in the streets. They have no shoes and only have rocks and dirt to play with," Sherling said.

"It's so heartbreaking, and I was wondering what I could do to help them. Since I have a 3-year-old and a 10-year-old daughter we had many clothes and toys they no longer need. I thought I could send them down-range," she said.

"I contacted our Family Readiness Group leader, Sofia Caulwell, and told her about the idea and that I was sure many families in our community would be willing to give us the things their children no longer need," she said.

"I grew up in the Fort Rucker, Ala., area. My dad was a civilian employee and we were intermingled with the military community. However the community often organized toy

drives to support the people in need. I thought we could do the same over here," Sherling said.

"After I spoke to Kim I sent an email to company commander Capt. Geoffrey Wright. He thought it was a great idea and promised that the company would bring all the toys to a Catholic church in Baghdad that the company is supporting," said Caulwell.

"I started then contacting relatives and friends in the States telling them about the planned project and asking them for help. The result was overwhelming," Sherling said.

In Friedberg Sherling found help in her friend Smith, whose husband, Spc. Melvin Smith, is also assigned to Company B.

"The idea is great. I have half a basement full of toys and children's clothes. It's good stuff," Smith said.

"I found out that all you have to do is ask and everyone helps. It's unbelievable how willing people are to give," Smith said.

"It's sad to know that some children have no shoes or have to play with dirt," said Sherling's 10-year-old daughter Stephanie. "They should have toys to play with because they are children. I hope people will continue to support the toy drive because it will make the poor children happy."

As donations continue to arrive,



Photo by Alexandra Williams

Carmen Smith (left), Kimberly Sherling and her daughters Liza and Stephanie sort games for Iraqi children before packing them for shipment.

Sherling and Smith have started sending items to Iraq. "The rear detachment will help us meet the cut-off date of Nov. 15 to make sure the toys arrive in time for Christ-

mas," said Smith.

For more information about the toy drive send an email to [kimmietx8@cs.com](mailto:kimmietx8@cs.com) or [csmith76544@yahoo.com](mailto:csmith76544@yahoo.com).

# 284th BSB – Friedberg, Giessen

## Community spotlights

### Cancer Awareness Workshop

A Cancer Awareness Workshop will be held Nov. 13 from noon to 1 p.m. in the ballroom of the Giessen Alpine Club. Capt. Faith Junghahn, community health nurse, and Mary Schrank, Women, Infants and Children Overseas wellness counselor, will discuss cancer, its prevention and treatment. Tables will be available for lunch. A half-mile walk will follow the workshop. Make reservations by Nov. 11 by calling Mark Smith at mil 343-7520 or civ (0641) 402-7520. Or email [smithma@104asg.army.mil](mailto:smithma@104asg.army.mil).

### Winter driver's training

All employees using transportation motor pool vehicles in the 284th Base Support Battalion are required to take annual winter driving training. After Nov. 14 vehicles will only be dispatched to drivers with a confirmation of training on their driver's license. Scheduled training dates are Nov. 13 at 1 p.m. and Nov. 14 at 9 a.m. in Building 4 at the Driver Testing Station on the Giessen Depot.

### Turkey Bowl

The Friedberg Bowling Center sponsors "Three Chance to Win" through November. A one-time \$6 registration fee makes one eligible to win. This cost gives the customer a chance to win a nine to 12 pound turkey whenever he or she bowls three strikes in a row. All who register will be entered in a drawing for an express tour from Enjoy Tours. The highest score from all entrants wins an overnight trip. For more information contact Richard Wilson at mil 324-3270.

### Thanksgiving Day Feast

The Giessen Depot Dining Facility, North Side Cafe, sponsors a Thanksgiving Day Feast Nov. 27 from 11 a.m. to 3 p.m. for meal card holders and from noon to 3 p.m. for everyone else. The menu includes roast turkey, stuffing, ham, mashed potatoes, fresh fruit, vegetables, pies and cakes. Bus transportation will be provided. Contact the transportation motor pool for more information at mil 343-1800.

### Housing Survey

A 100 percent Family Housing

Assessment Survey will be conducted Nov. 12-26. The contractor requires access to all family housing units. Residents will be notified of their required presence once the contractor establishes the survey schedule.

### Community Needs and Assessment Survey

The 284th BSB Army Community Service Family Advocacy Program conducts a Community Needs and Assessment Survey throughout November. Community members are encouraged to look for the pink envelopes, fill out the surveys and return them to ACS. For details call Perry Tripp at mil 343-7618.

### Diversity Training

The Equal Employment Opportunity Office conducts Diversity Training for all employees Nov. 20 from 9:30-11:30 a.m. in Building 115, second floor training room. Nominations must be made at least three days before the training session by phone or email. A training class is also scheduled for Dec. 18. For more information or to register call mil 343-8520/8422 or email [Jacquelyn.king@104asg.army.mil](mailto:Jacquelyn.king@104asg.army.mil) or [Jacqueline.young@104asg.army.mil](mailto:Jacqueline.young@104asg.army.mil).

### Family night bingo

The Giessen Elementary School Parent, Teacher, Student Association hosts family night bingo at the school Nov. 14 from 5:30-8 p.m. Bingo starts at 6 p.m. PTSA members receive one free bingo card. PTSA memberships are \$5. Hot dog meals will be available for \$3.

### Training in the Prevention of Sexual Harassment

The Equal Employment Opportunity Office provides mandatory Training in the Prevention of Sexual Harassment for all federal employees Nov. 18 from 2-4 p.m. in Building 115, in the training room on the second floor. Employees will learn how to recognize situations involving sexual harassment and their responsibilities for preventing and reporting an incident of inappropriate behavior. Annual refresher training is required for all federal employees. Training for supervisors takes place Nov. 25



Photo by Alexandra Williams

### Showing true grit

Spouses of deployed soldiers of the 2-3rd Field Artillery Regiment and 16th Engineer Battalion demonstrate their toughness during a recent flag football game on the Giessen Depot. The "Lady Gunners" and the "Lady Catamounts" drilled for weeks with their coaches in the rain and cold to prepare for the match. Family members from both units and neighbors gathered to watch the game. The 2-3rd FA team won the match 13-0.

from 1:30-3:30 p.m. at the same location. Nominations must be made at least three days before each training session by calling mil 343-8520/8422 or emailing [Jacquelyn.king@104asg.army.mil](mailto:Jacquelyn.king@104asg.army.mil) or [Jacqueline.young@104asg.army.mil](mailto:Jacqueline.young@104asg.army.mil).

### Out-processing briefings

Community out-processing briefings are required 75-90 days before leaving the service or rotating to another duty assignment. The next briefing will be held Nov. 25 in Building 4 on the Giessen Depot. For more information call mil 343-8077/6535.

### SAEDA training

Subversion and Espionage Directed Against the Army and Antiterrorism/Force Protection Level I refresher training are annual requirements for U.S. Army Europe employees. Primary training will be conducted Nov. 12 from 10 a.m. to noon at the Giessen Skyline Movie Theater and Nov. 14 from 10 a.m. to noon at Friedberg's Old Ironsides Theater on Ray Barracks. Make-up training will be conducted Nov. 19 from 10 a.m. to noon at the Skyline Movie Theater and Nov. 21 from 10 a.m. to noon at the Old Ironsides Theater. This is not a requirement for

family members, but family members over age 16 are strongly encouraged to attend. For details call Sean Strate mil 343-6623.

### Pie baking contest

The Giessen Commissary hosts a pie baking contest Nov. 20. Bring your favorite recipe. The prize for the best pie is a \$25 shopping spree. For details call mil 343-8448.

### Cartridge recycling

The 284th Base Support Battalion is collecting empty and used toner and printer cartridges to be recycled to support the "Deutscher Kinderschutzbund" (Child Protection Federation). Collection containers are located in Building 115, in the copy room, first floor, and in Building 32, Room 222 on the Giessen Depot. For more information call mil 343-7161.

### Giessen Auto Skills

The Giessen Auto Skills Center offers car tune-ups for \$18 Nov. 18 from noon to 6 p.m. Fluid level checks cost \$5 Nov. 21 from noon to 6 p.m. For more information call mil 343-7050.

### Keller Theater schedule

Giessen's Keller Theater pre-

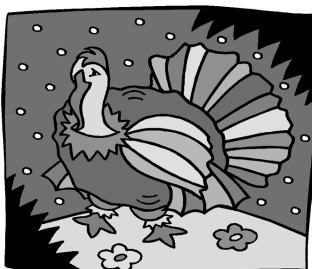
sents "Dr. Jekyll and Mr. Hyde" Nov. 13-15 and 20-22 at 7:30 p.m. Tickets are \$10 for adults. Call the theater at mil 343-6515 or civ (0641) 402-6515 for more information.

### Saturday child care

The Butzbach Child Development Center hosts Super Saturday child care Nov. 15 from 9 a.m. to 5 p.m. Special openings in support of the Giessen Chapel Group meeting are available at the Giessen CDC Nov. 22 from 8 a.m. to 3 p.m. For details call Heather Irwin at mil 343-8216.

### Trips with Outdoor Recreation

Outdoor Recreation explores European history Nov. 15 with a visit to the **Königswinter Castle**. Cost is \$39 for adults, \$29 for children age 4-11 and \$19 for children age 3 and under. A **crystal shopping trip** to the Czech Republic including a visit to an Asian flea market takes place Nov. 15. Cost is \$49. Call mil 343-8202 for reservations. A trip to **Belgium** is planned for Nov. 22. Shop for chocolate, lace and visit **Brugge and the Cathedral of the Holy Blood**. Cost is \$59 for adults, \$49 for children age 4-11 and \$19 for children age 3 and under. Call mil 343-8202 for details.





## Horses help youths cope with trials of adolescence

By Alexandra Williams  
284th Base Support Battalion Public Affairs Office

Horses are helping young people turn their lives around in Giessen.

Billy Wray, a counselor with the Adolescent Substance Abuse Counseling Service, and Chaplain (Lt. Col.) Scott Davies are turning to horses for help in solving people problems using the Equine Assisted Psychotherapy Program.

Davies, a licensed marriage and family therapist, said he first read about equestrian therapy about four years ago. "One day I came across an article about equestrian therapy in the 'Family Therapy News.' We own horses ourselves and I always enjoyed working with them," he said.

"I went to the web page at *Eagala.org* and learned more about the program. I think this form of therapy is ideal for working with adolescents," he said. "They are in that stage between being a child and an adult and therefore act in certain ways. Horses can sense their mood and show immediate reaction to their behavior. They can actually show them what's going on inside of them.

"Horses give you instantaneous feedback to what you are doing. They are prey animals instead of predators. They are well attuned to their environment, they know how to read body language and they can read the emotional state inside of a person because it's vital for their survival," he said.

Davies completed the training to become a licensed therapist and said he looked forward to using his knowledge with families in the military environment, but was unable to



Photo by Alexandra Williams

Billy Wray (left), Tom Tiefenbrunner and Chaplain (Lt. Col.) Scott Davies pose with their two helpers Shalim and Luigi.

implement the program on his own. "The therapy requires one licensed equestrian therapist to help interpret the horse's body language and behavior and ensure safety, and one licensed therapist to work with the client.

"One day Billy (Wray) came to my office to seek help for another problem, and as we were talking I told him about the equestrian therapy. He thought it was a real nice idea," Davies said.

"I asked a group of candidates at school if they were interested in working with horses, and many were very supportive. Then we

established the goals with our clients and their parents," Wray said.

In the meantime Davies asked members of the Butzbach Riding Club, located next to Roman Way Housing, for their support. The club agreed to provide use of its property as well as the horses.

"When Chaplain Davies approached me I became curious, and I wanted to find out more about their work," said the club's vice president, Thomas Tiefenbrunner.

"The club owns seven horses. We have over 100 children per week who come to the club to learn riding, so the horses have to be

friendly. They are not too quiet, but sensitive, and they are used to students putting a bridle on them," he said.

The first lesson left Tiefenbrunner impressed.

The first client had to approach two horses in a pen, halter them and bring them to the therapists. The seemingly easy task for experienced riders turned into a trial of patience for the client as the horses were not obedient, but rather turned their heads away from the student, played with the bridle or even simply walked away.

"I am really surprised about the horses' behavior. I could tell from their gestures that they felt uncomfortable and gave warnings. When the client became hesitant the horses took advantage of the situation and played with her. The most significant realization though was to learn the difference between what the client said and her actual body language," said Tiefenbrunner.

"That is why we believe that this form of therapy will help youths learn more about how their actions affect others and vice versa," said Wray.

The goal of the therapy is to boost the patient's self-confidence and the ability to handle peer pressure, said Wray.

If the program proves successful Wray and Davies will continue to offer the therapy, they said. "As far as I know we are the only therapists in Germany offering this type of therapy," said Davies.

For more information about the program check the web page listed above or contact Davies at mil 343-8020.

## 200 Giessen students pledge to stay drug-free during Red Ribbon Week

By Mary Ann Ernst  
284th Base Support Battalion Public Affairs Office

Giessen Middle/High School celebrated Red Ribbon Week at an awards ceremony and pep rally at the school by honoring students who pledged to remain drug-free and those who participated in contests sponsored by the Adolescent Substance Abuse Counseling Service. More than 200 students took the pledge to remain drug-free.

The master of ceremonies for the event was Courtney Hernandez, a member of the school's Red Ribbon Committee.

### Contest winners

Contests included visual image presentations, poetry, cadet challenges and a relay race. Winners of the images contest were: first place, Clarissa Tijerina; second place, Chris Feldman; and third place, Eric Smith. Winners of the poetry contest were: first place, Ashley North and James Tartaglia; second place, Matthew Domko; and third place, Curtis Roller. Gilberto DeLeon won in all

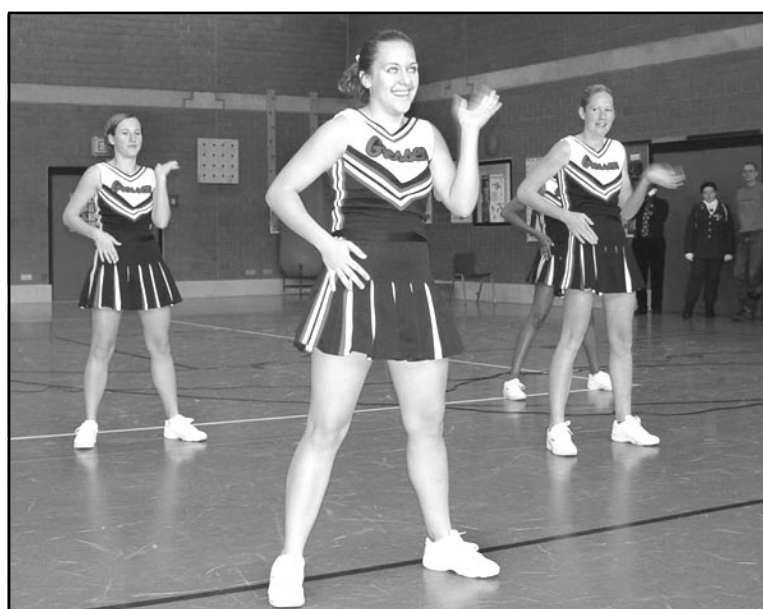


Photo by Mary Ann Ernst

The cheerleaders of the Giessen High School lead the students into a cheer against drugs during the pep rally.

three categories of the cadet challenge. Prizes included mini-boom boxes, compact disk players and CD cases.

Staff members participated in drawings for trips.

Sponsors for the events and prizes were the Army and Air Force

Exchange Service, Keller Theater, Community Bank, Andrews Federal Credit Union, Hearts and Hands Club, Friends of the Lahn Lodge, and Morale Welfare Recreation activities including Outdoor Recreation, the Bowling Center and Arts and Crafts.

## Community spotlights

### ACS celebrates Thanksgiving

Giessen Army Community Service hosts a special Thanksgiving Hearts Apart Luncheon Nov. 20 from 1-4 p.m. in Building 3 on the Giessen Depot. If you would like to bring a favorite dish or family recipe for the community to enjoy or for more information call Deborah Gantt at mil 343-6039/7618 or civ (0641) 402-7618/6039.

### Main gate closed

Due to construction the main gate of the Giessen Depot remains temporarily closed for vehicles. All vehicles entering the installation must use gate 5, which will be open at all times. For more information call the 284th BSB Security Office at mil 343-7699/7666.

### NOW class

A Newcomers Orientation and Welcome workshop will be held Nov. 18-19 from 9 a.m. to 2 p.m. at Giessen ACS. The workshop highlights various community

agencies and summarizes services offered. It includes a surrounding area tour, visiting spots of interest and giving participants tools to tour Germany at leisure. For details call Patricia Harper at mil 343-6910 or Allison Lichty at mil 343-6963.

### Powerlifting tourney

Giessen's Miller Hall Fitness Center hosts a powerlifting tournament Nov. 15. Registration is 8-10 a.m. Competition starts at 10:30 a.m. A registration fee of \$20 includes a commemorative T-shirt. Trophies will be awarded for first and second place in each weight category. Call mil 343-6384 for details.

### Substitute teachers sought

Giessen Elementary School seeks substitute teachers. Anyone may apply, bachelors degree is preferred. For details call Kristy Walker at civ (0641) 46265.

# 414th BSB – Büdingen, Hanau

## Community notes ... Community notes ... Community notes

### Turkey Day Aerobathon

Pioneer Fitness Center will host a Turkey Day Aerobathon, Nov. 26. There'll be aerobics, spinning, kickboxing and yoga. Burn those calories off on the day before Thanksgiving from 6-9 p.m. Cost is \$3 per person or one aerobic ticket. Enter a turkey raffle at the end of the night. Call mil 322-8197 for more information.

### Powwow Nov. 22

The 104th Area Support Group Equal Opportunity office presents the Namingha Family Dancers performing at the Illusions Roller Rink at the Wolfgang Shopping Center Nov. 22 at 1 p.m. in celebration of Native American Heritage Month. It is a free performance.

### Nutrition Nuggets

Join the Women Infants Children Overseas staff every third Tuesday of the month from 12-12:30 p.m. at the Wolfgang Outreach Center, Building 514, on Wolfgang Kaserne for discussions on hot topics in nutrition. Bring your lunch and a friend. Registration is not necessary and participation is free.

Nov. 18 — "Functional Foods." Learn how the foods you eat can

benefit your health beyond basic nutrition.

Dec. 16 — "Get Fit for the New Year." Make a realistic New Year's resolution to last all year and learn what it means to be fit.

### Pro football

The Frankfurt Galaxy pro football team will hold tryouts at the Hanau High School football field from Nov. 11-15. Americans cannot try out but are welcome to come watch the team.

### Salsa Night

Attend Family Salsa Night at Club i on Fliegerhorst Kaserne Friday Nov. 21 from 8 p.m. to 2 a.m. DJ Mystic will play Cumbia, Merengue, Salsa, Bachata and more Hispanic dance music. The cost is \$3 per person. Those under 17 dance free, and kids are welcome. Pay at the door. If you do not know how to dance, you'll learn on Salsa Night. For more information contact Edwin Torres at mil 322-8197/8565, [torrese@hanau.army.mil](mailto:torrese@hanau.army.mil).

### ASG phone book

The new 104th Area Support Group phone book is now available. Pick up a free copy at Army Community Service, the Community Mail Room and wherever you

### R&R return dates

R&R return schedule. Check the list for the day you must return to duty. The report time is 4 a.m. at Rhein-Main's tent city.

Arrived	Return
Oct. 25	Nov. 11
Oct. 26	Nov. 12
Oct. 2	Nov. 13
Oct. 8	Nov. 14
Oct. 29	Nov. 15
Oct. 30	Nov. 16
Oct. 31	Nov. 17
Nov. 1	Nov. 18
Nov. 2	Nov. 19
Nov. 3	Nov. 20
Nov. 4	Nov. 21
Nov. 5	Nov. 22
Nov. 6	Nov. 23
Nov. 7	Nov. 24
Nov. 8	Nov. 25
Nov. 9	Nov. 26
Nov. 10	Nov. 27
Nov. 11	Nov. 28

see *Connection Magazine*.

### Vehicle Registry

The Hanau Vehicle Registry, Building 48, Pioneer Kaserne, will be closed:

Thanksgiving Holiday Nov. 27-28

Christmas Holiday Dec. 25-26

New Year's Day Jan. 1-2

### Home visitor job

Choctaw Management Services Enterprise has a vacancy for a New Parent Education and Support Program home visitor. Applicant must have a bachelors degree in social work, nursing, psychology, sociology, community or public health, human relations or behavioral science in related fields. Position requires two years experience beyond graduation working with expectant mothers, new parents, families, infants and children. Logistical support is provided. Send a resume and cover letter to [Sara.Milbourne@ima-e.army.mil](mailto:Sara.Milbourne@ima-e.army.mil), fax to civ (06221) 57-4091 or mil 370-4091, or call civ (06221) 57-7840 or mil 370-7840.

### Bunco Night

The Hanau Community Spouses Club will host a Bunco night starting at 6:30 p.m. Nov. 19 at the Community Activities Center on Fliegerhorst Kaserne. Guests are welcome to play. Win Polish pottery, wine and more. The \$8 fee per person to play includes hors d'oeuvres. To RSVP call Donna Higgins at civ (06181) 906-5006 before Nov. 17.

### Turkeys to go

Enjoy the Thanksgiving holiday with a Popeye's Cajun Turkey. Stop by Hanau's Popeye's at the Wolfgang Shopping Center to order your turkey and side dishes or call civ (06181) 51170 to place your order by phone.

### Holiday community dinner

Attend the Hanau community dinner, Friday, Nov. 21 from 5-8 p.m. in Building 1351 on Fliegerhorst Kaserne. Turkey, ham and drinks will be provided. Bring your favorite side dish to share. Call Lori Pond at mil 322-8725 or Mercedes Acuna at mil 322-8965 if you plan to attend. Everyone is welcome.

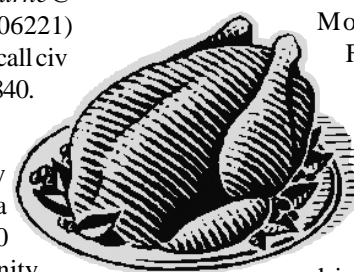
### Adopt an Angel

Army Community Service is preparing for the holiday season Adopt an Angel Program. The program runs until Dec. 12. They're asking for referrals to be made to FRG leaders and rear detachment command-

ers of children up to age 18. Anyone interested in donating gifts may contact Adele Georges or Princetta Wright at the Hanau ACS office at civ (06181) 88-8963/8965 or mil 322-8965/8963. ACS is committed to making this an enjoyable holiday season for all the children in this community, officials said.

### Functional Academic Skills Training

Functional Academic Skills Training provides soldiers with on-duty instruction in reading, mathematics and language skills. The FAST class is a 60-hour academic course and is limited to 20 students. The objective is to improve job performance, prepare soldiers for advanced courses, increase military career options and enhance educational skills. The class is four hours each day for three weeks,



Monday to Friday.

People with a G T

score below 100 and non

high-school

graduates are advised to take advantage of this program. The class is free to all logistically supported personnel and their family members, who may enroll on a space-available basis. Contact an educational counselor to determine eligibility and placement. For information call the Pioneer Education Center at mil 322-8380. Classes are scheduled for Dec 1-19, Monday to Friday, 8 a.m. to noon.

### Advanced Skills Education Program

The Advanced Skills Education Program offers courses for noncommissioned officers and junior officers aimed at enhancing communication, management, leadership and supervisory skills at the unit level. As a supplement to the unit's professional development program, ASEP courses will improve job performance and provide a more skilled core of leaders. Students will receive one semester hour of college credit in management from Central Texas College upon completing the course.

MTMM 1172: "Computers and Their Role in Your Life" examines

**See More community notes on page 23**



## Celebrate Saint Martin's Day

### Parades, plays, bonfires for children held around Hanau through Nov. 12

By Heidi Hoess

414th Base Support Battalion Public Affairs Office

Nov. 11 is Martinmas, St. Martin's Day, which honors St. Martin, the bishop of Tours. He was a Roman soldier who lived in the 4th century A.D., turned to Christianity, was baptized and became a monk. Because of his exemplary life he was, much against his will, appointed as the bishop of Tours.

The goose has become the animal symbol of St. Martin as the legend says that geese betrayed him with their gabbling when he tried to hide in an animal stall as he was being reluctantly appointed bishop. And so, goose is a traditional meal around St. Martin's Day.



In this region of Germany it's a tradition that St. Martin's Day is celebrated especially by children. Most of the local kindergartens and churches start planning a long time in advance to have a parade. Children work for days making their lanterns and can't wait to light it up during the parade. While working on the lantern they're told the legend of St. Martin and learn songs. Many communities even have a little church service and perform a St. Martin's play usually followed by a bonfire. Placed at the beginning of winter, many pagan fertility and light celebrations are connected with this holiday such as Martin's fires — bonfires and burning wheels — and Martin's singing.

When evening descends, children parade with homemade Martin's lanterns and torches through the streets. While parading, the children sing about the generosity of St. Martin, and the procession ends with the lighting of a bonfire. The procession is often led by a man dressed in a long coat riding on horseback. Legend has it that Martin, while still a Roman soldier, cut his cloak in two parts with his sword and gave half to a beggar who was freezing in the cold.

Hot chocolate, tea, pretzels and the traditional Weckmann, — a baked bread shaped similarly to American gingerbread men, but made of a sweet egg-based bread — which are made specially for St. Martin's day are enjoyed during the festival. Some kindergartens purposely don't provide enough Weckmaenner for everybody so that the children learn to share like St. Martin shared his cloak.

### Hanau area St. Martin's events

#### Gelnhausen

Nov. 11 at 5:30 p.m. children and parents should meet at the Marienkirche. There will be a short welcome parade through the old part of the city to various locations, and parts of the St. Martin's play will be performed. There'll be a bonfire, and hot drinks, Brezels and Weckmänner will be served.

#### Büdingen

Nov. 11 at 5:30 p.m. children and par-

ents should meet at the Catholic St. Bonifatius Church where there'll be a performance of the St. Martin's play. The parade leaves from the church, and after the parade a bonfire will be lit. Food and drink will be served.

#### Bruchköbel

Nov. 11 at 5:30 p.m. a parade starts at KITA Süd, Ludwig-Erhard-Strasse.

Nov. 11 at 6 p.m. a parade starts at KITA West, Gleiwitzer Strasse.

Nov. 12 at 5:30 p.m. a parade starts at the playground at Fritz-Schubert-Ring and walks back to KITA Nord at Georg Kerschensteiner Strasse 5.

Nov. 12 at 5:30 p.m. a parade starts at KITA Ost, Buchenweg.

#### Grossauheim

Nov. 10 at 5 p.m. children and parents should meet at the Paulskirche church for a short church service and St. Martins play, parade along the Main River and return to the kindergarten at Vogelsangstrasse 42 where bread and hot beverages will be served.

#### Fasching

Also in Europe, 11 minutes past 11 a.m. on Nov. 11 is the official beginning of the carnival / Fasching season. Eleven is the number of sin and the number of fools. At 11:11 a.m. you may see many people start celebrating Fasching in the streets, however, this is mainly in cities such as Mainz, Köln and Duesseldorf and it has nothing to do with St. Martin's Day.



## Gen. B.B. Bell opens Hanau bazaar

### International vendors make Hanau Community Spouses Club Bazaar a success

By Marie DeLopez

414th Base Support Battalion Marketing Office

The Hanau Community Spouses Club held its annual Fall Bazaar Oct. 24-26.

"I greatly appreciate the sacrifices that families have made in support of our operations, and I commend you for the great work and effort put forth to make our communities a better place to live," said Gen. B.B. Bell, U.S. Army Europe commander, as he opened the bazaar. "Your contributions are even more critical with so many of our Soldiers being deployed."

There was a considerable increase in vendors over last year, 58 vendors compared to last year's 52, displaying a wide variety of goods. Profits generated by the bazaar go back into the community. "Every year, the bazaar makes it possible for the Hanau Community Spouses Club to make financial contributions to a number of community organizations," said Bianca Moton, the club's president. "Without this venue and the help of our many volunteers this would not happen."

Attendance was steady throughout the three days and definitely more than last year according to the bazaar coordinators. "Hosting a bazaar and selecting vendors who can offer the quality and variety of items expected by our community members is a lot of work," said Moton. "We go to bazaars throughout Europe looking for vendors who offer items with the quality and prices that the Hanau community expects," she added.

There's a lot of time spent in the planning and organization of a bazaar, but their greatest reward is knowing that the Hanau community will be a better place. The HCSC is also a great place to meet new friends.

Organizers said they look forward to next year's bazaar and the challenges ahead.



Photo by Marie DeLopez

Russell Hall, IMA-Europe director, helps Gen. B.B. Bell, USAREUR commander, cut the ribbon to open the Hanau Bazaar.



# 414th BSB – Büdingen, Hanau



Been dreaming about kicking the tobacco habit? How about making a fresh start during the Great American Smokeout on Nov. 20.

Photo illustration by Karl Weisel

## Smokeout: Make a pledge to kick the habit Nov. 20

By Lori Pineda  
104th Area Support Group health promotion coordinator

The Great American Smokeout is a day when American tobacco users challenge themselves and commit to quit smoking for 24 hours. Celebrated traditionally on the Thursday before Thanksgiving, is this a good day to quit? You bet. Join the millions of smokers who choose to say, "No, thanks" to cigarettes for 24 hours, or forever.

Tobacco use is more than just a bad habit, it's an addiction. According to the Center for Disease Control, about 25 percent of adult Americans smoke and 70 percent of them would like to quit. In the 104th Area Support Group, recent data from the Health Enrollment Assessment Review survey indicates that 35-40 percent of the active duty military population smokes. About 70-80 percent of them are thinking about quitting.

Research suggests it takes an average of two to four, or even more, serious attempts before a smoker quits for good?

### Why quit smoking?

You'll live longer, feel better, have more energy and perform better at sports. You'll protect your children and family from second-hand smoke and set a good example for them. You'll lower your risk of having a heart attack, stroke, breathing problems and cancer. If you're pregnant, quitting smoking will improve your chances of having a healthy baby. You'll have extra money to spend on things other than cigarettes. Your clothes and breath will smell fresher, your sense of taste will improve and you'll reduce your risk of getting colds, flu and bronchitis. You'll look younger by preventing wrinkles around the corners of your mouth and eyes.

### Tips for quitting

List the reasons why you want to quit for one day (and forever).

- Ask other smokers to quit with you.
- Remove matches, ashtrays and cigarettes from your home, car and workplace on the night before.
- Keep a supply of healthy, low-calorie snacks handy, such as pretzels, carrot sticks and chewing gum.
- Make a list of things to do instead of smoking. Go for a walk, exercise or call a friend.
- Keep your hands busy, take deep

breaths, brush your teeth and remind yourself the urge will pass.

- Think about the extra money you will save by not buying cigarettes.
- Call your local medical facility or community health nurse and sign up for free tobacco cessation classes.

### Health Promotion

The 414th Base Support Battalion Community Health and 104th ASG Health Promotion nurses will be at the Wolfgang Shopping Center with information about tobacco cessation Nov. 19. Sign up for the next Tobacco Cessation class by calling mil 328-6695.

### 5K Walk/Run

On Nov. 20 the Health Promotion team will lead the Great American Smokeout on a free 5K walk/run around Pioneer Kaserne. Sign up at 3 p.m. The walk/run starts at 3:30 p.m. One frozen "cold turkey" will be raffled to the participants. Call the Pioneer Fitness Center for more information at mil 322-8197.

### Information on tobacco cessation

104th ASG Health Promotion Coordinator at mil 322-9509 or civ (06181) 88-9509;  
414th BSB Community Health Nurse at mil 328-6695 or civ (06181) 500-6695;  
Büdingen Health Clinic at mil 321-4820 or civ (06042) 80789.

### Youth and smoking

According to statistics compiled by the Center for Disease Control in 1999, smoking rates for high school students was 34.8 percent and 78 percent of the adolescent smokers say they would never have started if they could choose again. The 2001 CDC Youth Risk Behavior Surveillance Report suggests that nationwide, 63.9 percent of students had tried cigarette smoking. Male students (66.3 percent) were significantly more likely than female students (61.6 percent) to have tried cigarette smoking. Teenagers wishing to quit tobacco should contact their high school nurse for information and sign up for the next N-O-T, Not on Tobacco, class.

### Helpful websites

- [www.quitsmoking.com](http://www.quitsmoking.com)
- [www.cancer.org](http://www.cancer.org)
- [www.tobaccofree.org](http://www.tobaccofree.org)

## Learn about 'functional foods' with WIC-O

### Tomatoes, garlic provide good health, taste

By Elizabeth Mammina  
Women Infants Children Overseas Program

Have you ever wondered what the benefits of following your parents' advice for eating your fruits and vegetables were? Or have you wondered why your doctor may have encouraged you to incorporate garlic into your diet, or to eat fish at least twice a week? In addition to being part of a well-rounded diet, these and many other foods, referred to as "functional foods" (also called nutraceuticals) may have health benefits that extend beyond basic nutrition. These foods may function towards maintaining optimal health and disease management or prevention in their natural form, processed form or enhanced form. At this time, not all functional foods or mechanisms by which they work have been identified; however, long-term studies are underway and certain recommendations can be made from what has been learned so far.

### My, what a lovely tomato you are

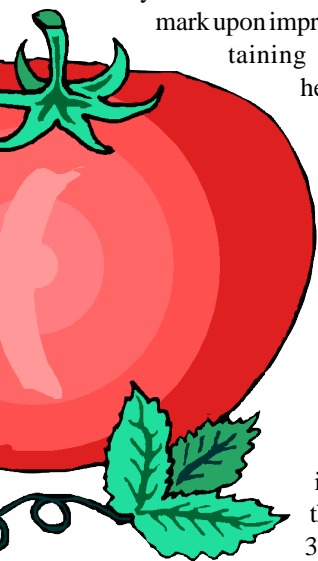
Tomatoes have recently been in the spotlight as one such functional food. Studies indicate that people with diets high in lycopene, the pigment that gives tomatoes their brilliant red color, have a lower risk of certain digestive cancers and prostate cancer. A diet high in lycopene may also be instrumental in a reduced risk of macular degenerative disease, reduced serum lipid levels and possible reduction of certain lung, bladder and cervical cancers.

Although tomatoes in their whole form do provide a small amount of lycopene, processed tomato products actually yield a higher level of this beneficial pigment. These products include tomato juice, tomato sauce, tomato paste and spaghetti sauce. Spaghetti sauce yields one of the highest amounts, so enjoy that pasta. Although tomato products seem to be the most common source of lycopene, it can also be found in pink grapefruit and watermelon.

By adding a little flavor to food with fresh garlic and onions, you may inadvertently be helping to improve your cardiovascular health. Diallyl sulfide, a compound found in garlic and onions, has been shown to help lower the artery-clogging low-density lipoproteins ("bad cholesterol") in some individuals. Additionally, there is an indication that these diallyl sulfides may boost the immune system.

What do salmon, tuna, venison and walnuts have in common? That would be omega-3 fatty acids, a group of essential (meaning not produced by the body, they must be

consumed) fatty acids that have proven to be one such functional food. Thus far, omega-3 fatty acids have made their biggest mark upon improving and maintaining cardiovascular health. Additionally, omega-3s play a significant role in the brain and eyesight development of infants when consumed by pregnant or breastfeeding mothers. Studies are exploring the effect omega-3s may have upon certain autoimmune diseases such as lupus and rheumatoid arthritis, certain mood disorders and the possibility of reducing the risk of certain types of cancers. Omega-3 fatty acids are found in most abundance in cold water fish, such as bluefish, salmon, and tuna. Current American Heart Association recommendations call for the consumption of fish at least twice per week (one serving equals two to three ounces) for healthy individuals.



These are just a few of the vast number of functional foods and their beneficial effects on the human body. To learn more about these and other functional foods, come to the Wolfgang Outreach Center, Building 514, in Hanau on Tuesday, Nov. 18 from 12-12:30 p.m. Bring your lunch and a friend for a free nutrition class about functional foods. Registration is not required.

### Nutrition nuggets

Join the Women Infants Children Overseas staff every third Tuesday of the month from 12-12:30 p.m. at the Wolfgang Outreach Center, Building 514, on Wolfgang Kaserne for discussions on hot topics in nutrition. Bring your lunch and a friend. Registration is not necessary, and participation is free.

#### Nov. 18 — "Functional Foods"

Learn how the foods you eat can benefit your health beyond basic nutrition.

#### Dec. 16 — "Get Fit for the New Year"

Make a realistic New Year's resolution to last all year and learn what it means to be fit.

### Nutrition websites

Lycopene — [www.lycopene.org](http://www.lycopene.org)  
American Heart Association — [www.americanheart.org](http://www.americanheart.org)  
International Food Information Council — [www.ific.org](http://www.ific.org)  
FDA Center for Food Safety and Applied Nutrition — [www.cfsan.fda.gov](http://www.cfsan.fda.gov)